



# Marshall Community Center

# Marshall Pool Schedule

1009 E McLoughlin Blvd., Vancouver, WA 98663

**June 23 – July 19, 2025**

Average Pool Temperature: 84-86°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 7 a.m. – 1:15 p.m. 6:30 – 7:30 p.m.	<b>Lap Swim</b> 7 a.m. – 12:00 p.m.	<b>Lap Swim</b> 7 – 10:45 a.m. 6:30 – 7:30 p.m.	<b>Lap Swim</b> 7 a.m. – 12:00 p.m.	<b>Lap Swim</b> 7 – 2:15 p.m.	<b>Lap Swim</b> 8 – 9:45 a.m.
7:20 – 8:10 a.m. <b>Deep Water Challenge</b> Deep Tish	7:20 – 8:10 a.m. <b>Deeply Fit</b> Tish	7:20 – 8:10 a.m. <b>Deep Double Down</b> Deep Tish	7:30 – 11:45 a.m. <b>Legacy Therapy Swim</b> <i>must be registered through Legacy Health</i>	7:20 – 8:10 a.m. <b>Aqua Fit</b> Deep Cathy	8 – 9:45 a.m. <b>Individual Exercise</b> Deep Water
8:20 – 9:10 a.m. <b>Shallow/Strength &amp; Stretch</b> Tish <i>2 lap swim lanes only</i>	8:30 – 9:20 a.m. <b>Great Expectations</b> Shallow Self-Directed	8:20 – 9:10 a.m. <b>Zumba</b> Shallow Angela <i>2 lap swim lanes only</i>		8:20 – 9:10 a.m. <b>Zumba</b> Shallow Angela <i>2 lap swim lanes only</i>	
8:20 a.m. – 1:15 p.m. <b>Individual Exercise</b> Deep	9:30-11:45 a.m. <b>Swim Lessons</b> <i>registration required</i>	8:20 a.m. – 10:45 p.m. <b>Individual Exercise</b> Deep	9:30-11:45 a.m. <b>Swim Lessons</b> <i>registration required</i>	8:20 – 2:15 p.m. <b>Individual Exercise</b> Deep	10 – 11 a.m. <b>Splash Away Swim</b>
	9:30 a.m. – 12:00 p.m. <b>Individual Exercise</b> Shallow	11 a.m. – 12:00 p.m. <b>Day Camp Only</b>	9:30 a.m. – 12:00 p.m. <b>Individual Exercise</b> Shallow		11:15 a.m. – 12:15 p.m. <b>Public Swim</b>
	12:15 – 1:15 p.m. <b>Public Swim</b>	12:15 – 1:15 p.m. <b>Public Swim</b>	12:15 – 1:15 p.m. <b>Public Swim</b>		12:30 – 1:30 p.m. <b>Public Swim</b>
1:15 p.m. – 2:45 p.m. <b>Pool CLOSED</b>	1:15 p.m. – 4 p.m. <b>Pool CLOSED</b>	1:15 p.m. – 2:45 p.m. <b>Pool CLOSED</b>	1:15 p.m. – 4 p.m. <b>Pool CLOSED</b>	<b>Pool CLOSED</b>	<b>Pool CLOSED</b>
2:45 – 3:45 p.m. <b>Public Swim</b>	4:15 – 6:15 p.m. <b>VSC</b> <i>closed to the public</i>	2:45 – 3:45 p.m. <b>Public Swim</b>	4:15 – 6:15 p.m. <b>VSC</b> <i>closed to the public</i>		
4 – 6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>		4-6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>		For information about Marshall Swim Lessons email <b>Tracy.Walther@cityofvancouver.us</b> For pool related questions email <b>Taylor.Cochran@cityofvancouver.us</b>	
6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Jen	6:30 – 7:30 p.m. <b>Public Swim</b>	6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Jen	6:30 – 7:30 p.m. <b>Public Swim</b>		
Subject to change. Visit <b>cityofvancouver.us/schedules</b> for holiday hours and inclement weather details.					

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Swim caps, goggles, ear plugs ear covers, wave gloves and locks are available to purchase at the Marshall Center front desk.



# Swim & Class Descriptions

## Aqua Fit Deep

Class includes warm-up, whole body conditioning, aerobics and cool down stretching in deep water.

## Aqua Fit Shallow

Low impact aerobics class in shallow water using the resistance of the water to cushion the feet, knees, and back. Designed to improve strength, range of motion, and cardio endurance.

## Deep Double Down

Focusing on strength and endurance. Using core work outs to tone muscles and improve endurance.

## Deeply Fit

Take the plunge. Deep-water traveling and movements that challenge your body, your core muscles and your stamina. Leave feeling stronger, taller and more flexible!

## Deep Water Challenge

Brain and body challenge. Full body workout while improving motor control, core, balance, strength and endurance. Walk out of the pool feeling taller and stronger.

## Great Expectations

Moderate intensity allows you to adjust your fitness level. Class combines strength and aerobics activity that that allow you to work at your own pace. Expect great results!

## Individual Exercise

Exercise on your own in areas not being used by classes or other pool programming. Must be 13 years or older.

## Lap Swim

Open to all skill and abilities levels. Must be 13 years or older. Lanes may have limited availability due to scheduled programs or classes.

## Public Swim

The entire pool and slide are available for play time. Children ages 6 and under must be accompanied in the water by a parent or guardian and in arms reach at all times. The slide will be closed at designated times during Public Swims and may be turned off at any time at the lifeguard's discretion. Any open lap lanes are circle swim only.

## Shallow/Strength and Stretch

Class combines Pilates, Yoga and Tai Chi to strengthen, stretch and calm your nervous system. You will feel grounded, centered and inspired to move.

## VSC (Vancouver Swim Club)

The entire pool is closed to the public.

## Water Features

Water features such as the slide, can be turned off at any time at the discretion of the lifeguards.

## Swim Lessons

During swim lessons, the pool is closed to public swimming. To register for swim lessons, call 360-487-7100, visit [cityofvancouver.us/swimlessons](http://cityofvancouver.us/swimlessons), or stop by the front desk.

## Splash Away Swim

This is a low-cost public swim. Wrist bands are available to purchase at the front desk one hour before the swim begins. Children 15 and under must be accompanied in the water by a parent. Follows all other Public Swim rules.

## Zumba

Ditch the workout, join the party! Unique and creative Latin movement. Great Fun. All levels!

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## Swim Rules & Notes

- Participants must be 13 years of age or older to attend aquatic fitness classes.
- Equipment is provided for all classes.
- Children age 6 and under must be within arm's reach of an adult at all times (with or without a lifejacket).
- Lap lanes fill up quickly. Please share lanes if there are no open lanes. Lap lanes may be moved to accommodate other programs.
- Swim diapers **and** plastic pants are required for all children 3 and under and non-toilet trained patrons. They are available to purchase at the front desk.
- Keep your valuables safe by using the lockers. Bring your own or buy one at the front desk. Marshall Community Center is not responsible for lost or stolen items.